

TABLE I

Amino Acids	Tissue Healing	Immune System Antibody (Ab) Formation	Cell Function DNA RNA Genetics	Skin Texture	Cancer	AIDS	Drug Addiction Amino Acid Deficiency	CNS	Neuro Transmitter	Antitaging Anabolic Growth
L Lysine	++	+ Ab								++
L Glutamate										++
L Leucine	++			+					+	+++
L Proline	+			+						++
L Arginine	+++	+ Ab		++	+	+				+++
L Valine	++	+ Immune System					+			++
L Isoleucine	++							+		++
L Aspartic Acid		+ Ab	+					+		++
L Asparagine		+ Immune System	sprouts seeds					+		
L Glycine	+		+	+				+	+	++
L Threonine	+	+ Immune System		+				+		++
L Tyrosine	+						+			+
L Phenylalanine								++	+	++
L Serine		+ Ab				+		++		+++
L Histidine	+++	+ Immune System	+			+		+		+++
L Alanine								++		
L Tryptophan								+	+	+++
L Methionine		++	+	+				++		++
L Glutamine	+				+			+		++
Taurine		++	+							++
L Carnitine										+
L Cystine	+		+	+				+		+
L Cysteine	+			+						+

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TABLE I (cont'd)

Amino Acids	Liver	Ammonia- Removal & Toxins	G.I. Inflammatory Bowel Disease	Sports Muscle Fatigue Anti- Fatigue	Heart & Cardio- Vascular	Red Blood Cells	Endocrine Hormone	Enzyme Production	Arthritis Control	Storage (Fat)	The Control of Blood Sugar	Protein Synthesis	Pos. Nitrogen Balance	Toxic Compounds	Assoc.iated / Inter-Related Vitamin Use	Radiation Damage Protection
L Lysine				+			+	+		+		+	+			
L Glutamate	+	+									+					
L Leucine		+		++			+								+	
L Proline				+	+				+							
L Arginine	+						+	+	+	+		+	++			
L Valine				++							+		++			
L Isoleucine				++		+				+						
L Aspartic Acid	+	+		+												
L Asparagine																
L Glycine				+												
L Threonine	+			+							+					
L Tyrosine							+		+							
L Phenylalanine																
L Serine				+						+			++			
L Histidine									+				++	+	+	
L Alanine											+					
L Tryptophan					+		+						++			
L Methionine	+			+	+					+				+		
L Glutamine	+		+	+					+		+				+	
Taurine				+	+					+						
L Carnitine	+			+						+	+					
L Cystine	+			+						+	+				+	
L Cysteine															+	+

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